To find out more about what support is best for you and how it can be accessed: contact Barnardo’s Nurture Services Inverclyde on 01475 728493

If you prefer you can go directly to your health visitor, social worker, pre5 centre or your child’s school for advice.

Get in touch
Barnardo’s Nurture Services, Inverclyde
Phone: 01475 728493
Write to: Barnardo’s Nuture Services
9 Terrace Road
Greenock PA15 1DJ

www.barnardos.org.uk
www.chps.org.uk/inverclyde

Complaints, suggestions or comments
Write to: Inverclyde Community Health & Care Partnership (CHCP)
Kirn House
Ravenscraig Hospital
Inverkip Road
Greenock PA16 9HA
Raising confident, resilient children
Increased confidence as a Parent or Carer
Being realistic about Parenting
Encouraging the behaviours you like
Taking care of yourself as a Parent

These are some of the hopes and dreams of parents and others who have care of children. In Inverclyde we take these aspirations seriously and offer a range of supports and services to parents, carers and all who have care of children.

If you have care of children - there is support tailored for you!

Nurturing Inverclyde’s Children

Positive Parenting Programme (Triple P) is available for all who care for children. Parents are invited to come together in local schools to enjoy sharing the successes and challenges of being a parent - of caring for children. Over the coming months sessions will be advertised in your local school and nursery area.

Some parents may want more information or further support - this can be provided through one-to-one sessions or through joining in a group. Triple P can help to - raise confident, resilient children; increase your confidence as a parent; encourage you to take care of yourself.

Parents may find support through Handling Children’s Behaviour and Handling Teenage Behaviour. These informal groups aim to help parents and carers understand the cause and effect of negative behaviour and to give them tips and strategies to help change this behaviour and make bringing up children more manageable.

Baby Massage classes are available for those with babies and young children. Learning and using this technique can help strengthen attachment between you and your baby, help your baby to stay relaxed, cry less and sleep better.

Bookbug Sessions are free, fun events for babies, toddlers and their families to enjoy together. Each session lasts around 40 minutes and includes songs, stories and rhymes. They are a great opportunity to spend some quality time with your child.

There are also parenting support programmes for parents and children with more complex needs for example Sleep Scotland programmes for families of children and young people with additional support needs and severe sleep problems, Mellow Parenting, an intense parenting program dealing with both personal and parenting issues and Early Bird a support programme for parents of children who have received a diagnosis of autism spectrum disorder.